

Free hit game

Objective – learn to play as a spare AND managing as a team when marking

GameFocusResetProgression

1. 7v7 game over half a pitch + GKs + subs
2. Forwards to cluster in 3s or 4s
3. Try to keep the circle edge free or if leading – finish your lead to then get someone else into the circle
4. If the attacking team keep possession of the ball when it goes off the baseline – it will be their free hit
5. If the defenders win the ball – regardless of what happens next – they will restart with a free hit.

POINTS:

- 2 for a goal
- 1 for a PCA
- 2 for the spare winning the ball

ATTACKING focus

- ABT (Always Be Threatening)
- Make the extra pass
- Play what you see
- Get to the circle

DEFENDING focus

1. How to play as a spare
2. Find your player
3. Keep the ball to one side
4. Create the overload

1. Every time the ball goes off the baseline there is a restart with a free hit for the attacking team in a place set randomly by the coach

1. Time to score

2. Different objectives to scoring

